



THE

Nov. 22, 2002

One BIG Family



November is Military Family Appreciation Month

- See Pages 10 and 11 for more

319th Air Refueling Wing ♦ Solano Trophy Winner ♦ Best Base in 15th Air Force

Inside:

Weekend weather

Today	41/21	rain
Saturday	27/20	mostly cloudy
Sunday	20/14	mostly cloudy
Monday	18/12	partly cloudy



*Weather information courtesy
319th Operations Support Squadron weather flight*

905th aircrew saves plane

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Family members graduate

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Rhino aircrew shines in face of danger

By Lt. Col. Slim Morgan
905th Air Refueling Squadron

An aircrew from the 905th Air Refueling Squadron "Rhinos" was crucial to saving a Navy EA-6B Prowler.

The aircraft commander, Capt. Scott Kulka; co-pilot, 1st Lt. Jared Ebner; and boom operator, Senior Airman Rob Zafke, were tasked to fly an OEF mission refueling two EA-6B Prowlers and two F-18 Hornets during that evening.

Their refueling track was over southern Afghanistan, and they arrived as per the air tasking order. Upon reaching the track, the crew showed great situational awareness on the radios when they heard their first scheduled Prowler discussing engine problems with the controlling Airborne Warning and Control System, or AWACS, plane.

It quickly became obvious the Prowler was in dire need of fuel and would not be able to attain the scheduled altitude for refueling.

Without regard for their personal safety, Kulka and his crew requested approval for a lower refueling altitude. The crew knew this would place them in prime range of enemy threat capabilities, but did not hesitate with their request.

However, due to communication problems, the AWACS plane was not

able to get permission to lower the track altitude. During this time, the Prowler decided to egress the area.

In order to improve their position, the KC-135R Stratotanker crew made the decision to proceed to the egress point to join with the emergency aircraft.

While en route, the crew coordinated with the Prowler pilot for an overtaking rendezvous on

the Prowler's egress routing. Upon approval for low-

level air refueling, the KC-135R accelerated to near maximum speed and descended to a 10,000- to 15,000-foot range in a high threat combat environment and executed an overtaking rendezvous on the Prowler over southern Afghanistan.

Slowing their speed, the crew proceeded to begin refueling the emergency aircraft. Due to the altitude, the Prowler was unable to communicate with their command and control element, so Ebner acted as a relay, passing vital information between the Prowler and their command and control element.

During the initial attempts at air refueling, Zafke noticed the Prowler was having trouble maintaining enough airspeed to stay on the drogue, and advised Kulka. Without hesitation, he recommended a slower speed to the

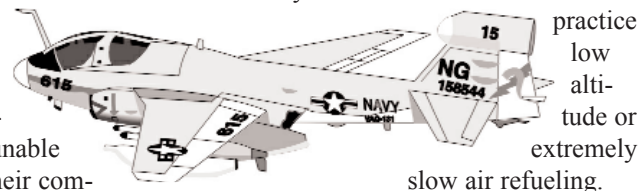
Prowler pilot.

While this allowed the Prowler to stay on the drogue and get the necessary fuel, it was pressing the lower speed limits of the KC-135.

During the refueling, the control and navigation issues produced such radio congestion that Kulka and the Prowler pilot switched to a less congested frequency in order to focus on the receiver while Ebner maintained listening watch on all remaining radios and coordinated with AWACS.

Despite the receiver dropping off the basket multiple times, the crew completed this challenging refueling and the Prowler recovered successfully to the carrier. In an incredible display of dedication, Kulka and crew returned to their assigned air refueling track and successfully accomplished all assigned air tasking order missions and returned to base safely.

KC-135 aircrew members do not routinely train for or



The ingenuity, coordination, flying ability and teamwork of this heroic crew saved four people's lives and a valuable asset.

The successful completion of this emergency air refueling is a credit to this professional and highly-skilled crew.

Because of their heroic efforts, the crew was nominated for the 15th Air Force aircrew of the quarter.

Ridge: Terrorist threat persists; nation must be prepared

By Linda D. Kozaryn
American Forces Press Service

WASHINGTON – The spectacular attack in Indonesia, the limited attack in Kuwait and the assault on the French tanker off the shores of Yemen all show terrorists' capabilities, Homeland Security Adviser Tom Ridge said Sunday.

"The bottom line is that they've demonstrated an ability to attack countries and people in various forms, and we have to be alert and aware and be as well-prepared to interdict and prevent all of those potential forms of attack," Ridge said on CNN's Late Edition.

The FBI's latest bulletin, issued last week by the National Infrastructure Protection Center, warned of possible "spectacular attacks" that would have high symbolic value, cause mass casualties and severe damage to the U.S. economy and create maximum psychological trauma.

Ridge said the FBI had summarized threat information received over the past six to eight weeks. The warning, he noted, was a reminder to law enforcement officials and the public that terrorists could certainly try to bring harm, death and destruction like they did a year ago.

U.S. officials review the national threat level each day, Ridge noted. "Right now, both within government and in the private sector, there's a range of protective measures you can take within the yellow level," he said. "We are at the upper end of that range."

The White House established the Homeland Security Advisory System as a means of disseminating information regarding the risk of terrorist acts to federal, state and local authorities and to the public. Five threat levels are designated by colors: low is green; guarded, blue; elevated, yellow; high, orange; severe, red.



This issue of The Leader informs readers about events open to military family members. November is Military Family Appreciation Month and this issue is packed with news, feature and editorial content important to base servicemembers and their families.



Photo illustration by Staff Sgt. Scott T. Sturkol

91%

Air Refueling Effectiveness Rate from Nov. 11 through Nov. 17.

20

DWI-free days. The base gets a down day for 100 DWI-free days.

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Advertisements

Call the Grand Forks Herald at 701.780.1275 before noon Tuesday.

Base pledges \$75,000 to CFC

By Staff Sgt. Randy Roughton
Public affairs

Base members pledged more than \$75,000 in the 2002 Combined Federal Campaign, with one organization's total yet to be counted, according to the wing project chairman.

The CFC began Oct. 7 and ended Nov. 15.

The campaign is the military member's annual opportunity to donate to the charities of their choice in a six-week period and avoid the possibility of being assailed year-round by charitable organizations.

Capt. Mark Martello, 319th Medical Operations Squadron behavioral health services flight commander and the wing's CFC chairman, said this year's CFC raised less than anticipated because of factors such as the num-

ber of deployments and War on Terror missions the wing supported in the past year, as well as the economy.

The base, however, did reach its goal for 100 percent contact, Martello said. CFC goals are determined each

year, based on the number of people in each squadron and their respective ranks.

Other factors include the average time in service for those ranks and average pay scale, as well as a percentage of what CFC officials have historically expected base members to donate.

Even though the campaign is over, it is still possible for base members to donate by

payroll deduction to their favorite charity in 2003.

"If you didn't get your paperwork in or somehow wasn't contacted by a CFC representative this year, it doesn't mean it's too late for you to give to the charitable organization of your choice next year," Martello said.

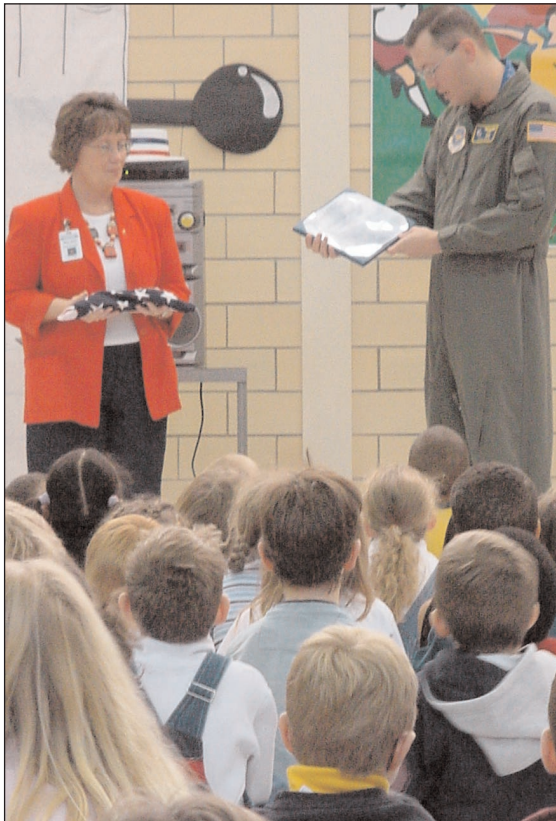


Photo by Senior Airman Monte Volk

Present

Capt. Russ Davis, 905th Air Refueling Squadron, presented a flag he flew over Afghanistan to Wendy Rahn's first grade class at Eielson Elementary School Monday.

Don't Drink and Drive!

For a free, confidential, safe ride home, call Airmen Against Drunk Driving at 740-CARE (2273). This program is open to military members, their families, and Department of Defense civilian employees.

A 'hearty' welcome

Jennifer Thomas, spouse of Airman 1st Class Ryan Thomas of the 905th Air Refueling Squadron, shakes hands with Col. Scott Phillips, 319th Air Refueling Wing vice commander, during the closing ceremony of the Heartlink seminar Monday in the family support center. The seminar, held quarterly, is for military spouses new to the military within the last five years. Call the FSC at 747-3241 for details.



Photo by Master Sgt. Barbara Zavala

Briefs

Thanksgiving hours

Following are hours for base facilities for the week of Thanksgiving, Sunday through Dec. 1.

► **Commissary** – Sunday, 10 a.m. to 5 p.m.; Monday, 9 a.m. to 6 p.m.; Tuesday and Wednesday, 7 a.m. to 7 p.m.; Thursday, closed; Nov. 29, 9 a.m. to 6 p.m.; Nov. 30, 7 a.m. to 7 p.m.; and Dec. 1, 10 a.m. to 5 p.m.

► **Army and Air Force Exchange facilities** – Sunday through Wednesday, all facilities at normal hours; Thursday, base exchange mall closed and shoppette open from 11 a.m. to 7 p.m.; Nov. 29, BX mall open 6 a.m. to 7 p.m., Nov. 30, BX mall open 6 a.m. to 6 p.m.; Dec. 1, BX mall open 10 a.m. to 6 p.m.; and all other facilities at normal hours from Nov. 29 through Dec. 1.

Scholarships for Military Children Program

The 2003 Defense Commissary Agency Scholarships for Military Children Program opened for business Nov. 1 and the burning question is “how has being the child of a military service member influenced your educational goals?” That’s the essay topic for 2003 and if the two previous years are any indication, it’s a question applicants should consider carefully when applying for the \$1,500 scholarships.

Applications for the 2003 program can be downloaded from <http://www.commissaries.com> or <http://www.fisherhouse.org>. They can also be picked up at the base commissary or any other commissary. The deadline for returning applications by hand or mail to a commissary is Feb. 21, 2003.

The scholarship program is open to dependent unmarried children (under the age of 23) of active duty personnel, Reserve, Guard and retired military. Eligibility will be determined using the Defense Enrollment Eligibility Reporting System (DEERS) database. Applicants should ensure that they, as well as their sponsor, are currently enrolled in the DEERS database and that they have a current ID card.

All applicants must be citizens of the

United States.

The applicant must be planning to attend, or already attending, an accredited college or university full-time in the fall term of 2003.

Students attending a community or junior college must be enrolled in a program of studies designed to transfer directly into a four-year program. See instruction sheets for additional criteria.

ESC activities

► **Pie-baking social** – The enlisted spouses club holds their annual pie-baking 8 a.m. to 4 p.m. Tuesday at Sunflower chapel. Anyone can come and help bake any time during the day, for as long as they’d like. Baking skills are not required, and there is an area for children to play.

► **Silent auction** – Also on Tuesday, the ESC will hold a silent auction for donations with bidding until 7 p.m.

► **Membership meeting** – At 7 p.m. Tuesday in the Sunflower chapel, the ESC will then hold its regular meeting until 9 p.m. New members are encouraged to attend. Children are welcome and dinner will be served.

► **Bake sale** – The ESC will hold a bake sale 10 a.m. to 2 p.m. (or until everything is sold) Wednesday in the base exchange mall. They are looking for a couple of individuals to help set up and sell baked goods.

If anyone wants to donate items they baked at home, the ESC is willing to accept them.

For more details call Mary Bucher at 594-8770 or Bobbi Sturkol at 594-3855.

Tree lighting, holiday card contest

Light up the holidays. The base tree lighting ceremony and holiday card contest is Dec. 4 at the base library at 4:30 p.m.

Also, enter the annual cookie contest at the base library, 747-3046, and participate in the annual holiday card contest with the skills development center, 747-3482.

Convention addresses air mobility successes, future

By Cynthia Bauer

Air Mobility Command Public Affairs

NASHVILLE, Tenn. – It was the largest convention ever for America's Air Mobility team. Military and civilian, active duty, Guard and Reserve and contractor representatives, almost 3,000 strong, met here Nov. 7 through 10 for the 34th gathering of the Airlift-Tanker Association. The theme of this year's convention: "Our People at War."

The agenda included three keynote speakers and 34 professional development seminars. Seminar topics ranged from missions in support of Operation Enduring Freedom to the future of air mobility.

Gen. Tommy Franks, commander of U.S. Central Command, delivered the first keynote speech on Enduring Freedom



Photo by Tech. Sgt. Ralph Booker

Tech. Sgt. Cary Page of the Air Mobility Warfare Center, Fort Dix, N.J., stands ready to answer questions on expeditionary combat skills training at the Phoenix Readiness exhibit.

Thursday evening.

He had come to the convention to personally thank those responsible for airlift and air refueling. He also came to say that the United States is in the Global War on Terrorism until the war is won.

"We're going to go where we have to go, we're going to stay there as long as we have to stay, as long as it needs to go on," Franks told the audience.

The general talked about the success of the United States in bringing down terrorists. He asked the audience, "Did airlifters and transporters do this? Oh, yes."

Franks recalled that on Sept. 11, 2001, he landed in Souda, Crete, on his way to Pakistan, and learned about the terrorist attacks from a television broadcast. He said he called his friend, Gen. John W. Handy, commander of U.S. Transportation Command and Air Mobility Command, because he needed a little help.

"Ever since that day, I have reminded myself because of all that you have done, for me, for our command, for your command, for the United States of America, we owe you, I owe you," said Franks.

The evening of Nov. 8, Handy tallied AMC successes during the war on terrorism.

More than 27,000 air refueling, airlift, aeromedical as well as a senior leader and presidential support missions. More than 1,350 patients airlifted out of Afghanistan as of Nov. 8.

"We have never had an emergency evacuation waiting for lift, ever. It's a victory so far from the Afghan war," he said.

Handy said that because of tankers, not one U.S. fighter or bomber mission went lacking for fuel. The tankers enabled some historic events for the Air Force including the longest B-2 mission of 44.3 hours, and the longest F-15 combat sortie of 15.5 hours.

And airlift became an instrument of national will. Handy said the first of the

2.4 million Humanitarian Daily Rations were dropped in Afghanistan the first night fighter bombers dropped munitions. He said the historic high-altitude HDR airdrop erased any doubts of U.S. intentions to battle the terrorists and help the Afghans and the Northern Alliance.

Handy also shared his vision from his command "Flight Plan" on people, global mobility task force, modernization, and ingenuity and information technology.

He said people are his number one priority. He said the AMC staff is committed to working hard every day to find ways to appropriately take care of people in the command and their families. He said the high operations tempo has him worried.

"The marathon we're in doesn't allow for water breaks, it doesn't allow us to slow down and walk at any particular time. It doesn't even allow us to, heaven forbid, quit. We are locked in the unique marathon of the Global War on Terrorism until the absolute finish. As men and women of Air Mobility Command, I will tell you, as a team, we will finish," he said.

The Chief of Staff of the Air Force Gen. John P. Jumper provided his views of mobility in the last session of the convention.

On air mobility force packaging, Jumper said part of the emerging Global Mobility Task Force is to develop the air mobility community as the center of excellence for expeditionary operations.

"And we're going to set up this center of excellence through what already happens at Phoenix Readiness (at McGuire AFB, N.J.) and train commanders of support operations to run large tent cities. We're going to standardize that skill throughout the Air Force," he said.

He talked about the "Smart Tanker" as solving the problem of getting target-quality information to the fighters and bombers, and as a product of effects-based thinking.



Photo by Master Sgt. Ernie Hickman

Air Force Chief of Staff Gen. John P. Jumper demonstrates how the Air Force today would rig chocolate bars for retired Col. Gail Halversen, the Berlin Airlift "Candy Bomber." Jumper was one of the keynote speakers at the 2002 Airlift Tanker Association Convention, Nov. 7 through 10 in Nashville, Tenn.

Jumper said, "I sat bolt upright in bed about a year ago and said 'Good God, what's always there?' It's the tankers. And where do we put them? We put them as close as we can possibly get them (to the battle) so they can refuel the short-legged airplanes and get them targeting (information) ... Why don't we take that and make it a network?"

And that vision is now becoming reality for the Air Force.

Jumper went on to say, "You know, we can talk about platforms and the great job we do all we want, but in the end, it's the people who make all this stuff happen..."

"When you wear the uniform of the nation, you symbolize the pride, the strength, the power of this nation to all other Americans," he said. "I am proud of you. Look at what you have done, look at what we are doing, not just as an Air Force, but as a joint force. Not just as joint force, but as part of coalition and alliances. Be proud of yourselves. Tell your people you're proud of them."

Thanksgiving message from grateful family

By Royden Hunnewell
Commissary director

Thursday, Americans across this great country will celebrate Thanksgiving. This day, set aside to recognize and give thanks for our blessings, takes on a different meaning for all of us. Some are grateful for a completed deployment and the opportunity for families to be together, while some give thanks to neighbors who lend a hand or help in the time of need.

Indeed, we all have miraculous events or good fortunes for which we are thankful. This was never truer as it relates to my family.

Sept. 11, my wife Kathi and I were reflecting on the anniversary of the attacks of Sept. 11, 2001 and how thankful we were to be associated with the finest military in the world. We were at the Hennepin County Medical Center in Minneapolis waiting on the results of my wife's exploratory surgery on her pancreas. We were not prepared for the news we were to hear.

She was diagnosed with pancreatic cancer with the possibility it had spread to her stomach. Our first reaction was fear.

After a few moments of uncertainty, we began to focus on what priorities we needed to set. A few phone calls to family and friends set in motion what turned out to be the most extraordinary set of circumstances that we've ever experienced in our 19 years together.

On Sept. 12, we met with the chief of oncology and on the Saturday, Sept. 14, we were scheduled for surgery. However, it was on Friday Sept. 13, that the miracle began to unfold.

We called the wing commander on the evening of Sept. 12, and simply asked for prayers and support. Twenty-four-hours later, we learned that the military's far-reaching tentacles had spread the word to the four-corners of the earth.

We received calls and e-mails from

military friends, active duty and retired, in Germany, Japan, and Korea and from nearly every state in the country asking what could they do for Kathi.

Prayer services were held simultaneously around the world on the 13th at 9 a.m. Grand Forks time. The efforts to conduct this world-wide prayer vigil were monumental. The effects have had an emotional effect on us that we can't explain nor will we ever forget.

The surgery went better than we could have ever expected. All the cancer had been removed and had not spread to any other organ. Cancers of this type are usually caught late and unrecoverable.

Although Kathi is undergoing Chemotherapy and Radiation treatments at this time, her prognosis is good.

Out of this unfortunate circumstance came a realization to us that the military family does care for its own. This was truly a

humbling experience for us. I am not in the military (I am a 'brat' though) and this outpouring of support and concern has had a profound affect on us as a family.

The entire base offered support and help in one way or another to an outsider. For that we are truly grateful. We can never repay the kindness you have shown to us and mere words are not enough. We are proud to be associated with the finest wing in the Air Force.

Back to my Thanksgiving message. Yes, Thanksgiving is a day set aside whereby we give thanks for our families, friends, freedoms and blessings.

However, I would like to say that Thanksgiving should be thought of as more than just a day where we reflect but more of a daily moment; it is a moment we should take each day to express our gratitude to God and those around us who complete our lives. Our family pauses each day to thank all of you who have been so kind to us.

Happy Thanksgiving.

'We are proud to be associated with the finest Wing in the Air Force.'

-- Royden Hunnewell

Practice safety when using turkey fryers

By Master Sgt. Richard Lien
Assistant fire chief

Growing up in Minnesota, we always looked forward to having turkey at our Thanksgiving Day celebration. As hard as my mother tried, the big old bird usually ended up rather dry.

Then, two years ago, a friend invited me over for my first deep-fried turkey. MAN, was it good! I never tasted such a moist, delicious turkey in my life. And to top it all off, it took us about 20 minutes to cook it.

As you might imagine, there are some risks associated with cooking such a large object with extremely hot oil. Because of the relatively short period of time that these cookers have been on the market, many folks aren't aware of how to use them safely.

Unfortunately, there has been an increase in cooking fires, due directly to turkey fryers.

"We're worried by the increasing reports of fires related with turkey fryer use," says John Drengenberg, UL consumer affairs manager. "Based on our test findings, the fryers used to produce those great-tasting birds are not worth the risks. And, as a result of these tests, UL has decided not to certify any turkey fryers with our trusted UL mark."

Following is why using a deep-fryer can be dangerous.

- ▶ Many units easily tip over, spilling the five gallons of hot oil within the cooking pot.
- ▶ If the cooking pot is overfilled with oil, the oil may spill out of the unit when the

turkey is placed into the cooking pot. Oil may hit the burner/flames causing a fire to engulf the entire unit.

- ▶ Partially frozen turkeys placed into the fryer can cause a spill-over effect. This too, may result in an extensive fire.

- ▶ With no thermostat controls, the units also have the potential to overheat the oil to the point of combustion.

- ▶ The sides of the cooking pot, lid and pot handles get dangerously hot, posing severe burn hazards.

If you absolutely must use a turkey fryer, following are some tips for safer use.

- ▶ Turkey fryers should always be used outdoors a safe distance from buildings and any other material that can burn.

- ▶ Never use turkey fryers on wooden decks or in garages.

- ▶ Make sure the fryers are used on a flat surface to reduce accidental tipping.

- ▶ Never leave the fryer unattended.

- ▶ Never let children or pets near the fryer when in use. Even after use, never allow children or pets near the turkey fryer.

- ▶ Make sure the turkey is completely thawed and be careful with marinades. Oil and water don't mix, and water causes oil to spill over, causing a fire.

- ▶ The National Turkey Federation recommends refrigerator thawing and to allow approximately 24 hours for every five pounds of bird thawed in the refrigerator.

- ▶ Keep an all-purpose fire extinguisher nearby.

For more details call at 747-4174.

Radar love

Base's RAPCON is busiest in command

By 1st Lt. Rob Lazaro
Public affairs

It's dark when Senior Airman Beth Mcderment and Airman First Class Yuri Diaz, both controllers at the 319th Operations Support Squadron, head to work at the radar approach control, or RAPCON, center at 6 a.m., but when they arrive in their office it's even darker.

Lit only with monochrome display screens and subtle, ambient light, the 319th OSS RAPCON is responsible for monitoring and coordinating Air Mobility Command's busiest control center and hundreds of lives each day.

Busy is the word that most commonly describes Warriors of the North. Between non-stop deployments, double the average year's operations tempo, and additional duty, family, and community commitments, base members have kept their daily itineraries full.

For people who work the RAPCON it's no different, as they have routinely deployed controllers for more than 100 days in support of Operation Enduring Freedom and supported the Homeland Defense Program by coordinating Operation Noble Eagle sorties, while setting the record for busiest control center

in AMC's history in fiscal 2002.

"We monitored 129,398 flights in fiscal year 2002 to be exact and 4,200 square miles of airspace," said 1st Lt. Brian Robbins, 319th OSS airfield operations officer.

That many flights make for lots of lighted dots on the screen for the five to eight controllers per shift to monitor.

When asked how they keep it all in perspective, Mcderment responded, "through constant training."

A four-month air traffic fundamentals course at Keesler Air Force Base is just the start of the extensive, continuous training necessary to be a controller. They must also have two years of supervised on-the-job training and log time on a simulator to earn their controller certification.

"You can't work by yourself until you're a five-level," said Mcderment. "So it's a big team effort and communication is very important."

This teamwork is extremely important when RAPCON members have to deploy to forward operating bases in the Middle East to support of OEF.

-- See RAPCON, Page 9

Feature

-- RAPCON, from Page 6

“Being deployed is no different from home station ops,” said Capt. Philip Strouse, 319th OSS airfield operations flight commander. “It just takes a little more coordination with host nation officials, equipment maintainers, weather, and making sure your people are taken care of.”

Deployments also place a heavy burden on the military and civilian controllers left behind to continue the steadily growing operations and training. Mcderment and Diaz, who have been working RACON for two years, are now trainers in a career field that soon will be manned 220 percent by trainees.

“It places a lot of responsibility on senior NCOs and experienced civilian controllers to supervise and train the majority of our controllers who are mostly new 3-level trainees,” explained Strouse. “This training is important because our controllers serve as base ambassadors when they interact with civilian towers, nine satellite airports, Federal Aviation Administration representatives, and hundreds of civilian pilots each day, which account for 84 percent of all daily traffic.”

Many don’t realize how busy the RAPCON is until you consider on top of the increased daily tankers operations, it also works with two of the busiest commercial air centers at Minneapolis/St. Paul International and the Grand Forks International tower, which is the 50th busiest



Photo by 1st Lt. Robert Lazaro

A controller in the base radar approach control center observes a radar screen showing area air traffic.

in the nation,” said Lt. Col. Stuart Shaw, 319th OSS commander. “We also monitor more than half of the new student pilots in the University of North Dakota’s Aerospace training program, which is one of the largest flight training schools in the country.”

“Much like the base, the 319th OSS RAPCON has quietly earned recognition through its hard work with zero safety incidents,” said Shaw.

“It’s the busiest RAPCON I’ve seen in my 20 years of service,” said Senior Master Sgt. Mark Wright, 319th OSS chief controller. “The official results have yet to come out, but I figure we’ll be in the top ten busiest in the Air Force.”

However, job satisfaction does not come from rankings, Diaz said, but instead from “knowing I helped hundreds of people reach their destinations safely.”

Native American Pow-wow

As part of Native American Heritage Month, there will be a pow-wow Saturday from noon to 2 p.m. in the Twining Elementary and Middle School gym. The pow-wow features the Wolf Dancers from Canada. The event is free and everyone is invited to attend.



Photo by 1st Lt. Robert Lazaro

Military family readiness

FSC's work-life consultants offer ways to keep people ready

By Staff Sgt. Scott T. Sturkol
Public affairs

Since the War on Terrorism began more than a year ago, military families have been asked to cope with higher operations and personnel tempo, officials say. That in turn has forced a more urgent need for people to be ready.

"In order for someone to be effectively prepared for a deployment, the individual must take into consideration not only themselves and military requirements, but their family as well," said Michele Schull, 319th Medical Group work-life consultant at the family support center. "This includes all members – single, single parent, or married."

Personal preparedness is being prepared for the unexpected, Schull said, and ensuring families have all the resources and knowledge they hopefully won't need.

"This should include wills, powers of attorney, knowl-

edge of finances, arrangements regarding children, location of important documents, the individual's final wishes, and points of contact at the base, at a minimum."

Cheryl Anderson, work-life consultant for 319th Maintenance Group personnel, said anyone who knows they may be deployed can do some things early to avoid potential problems.

Things to keep in mind when facing a family separation

- ▶ The leaving and returning are never easy, but it does not last forever.

- ▶ Rarely are the separation and the reunion exactly as you would have imagined. Both have their drawbacks, but both also have their rewards.

- ▶ The important thing is that you both survived the separation. Remember the time apart, what you learned, what you liked, and what you did not like, and apply these lessons to similar experiences you may face in the future. It will help to make you a stronger, better prepared husband and wife team.

Source: Air Force Crossroads Web Site:
www.afcrossroads.com

after the member is gone.

"The briefing is still beneficial, but ideally both should have received it prior to deployment," Schull said. "It is not the end of the world if something is missed, but when

the gate guard won't let you in because your identification card expired, it may feel like it."

At the family support center, free work-life consultants will sit down with individuals and families and will answer all the questions they may have, said John Hanson, work-life consultant for the 319th Mission Support Group.

"We have a complete checklist on what we recommend be completed prior to leaving, and information on how to prepare for the reunion phase," Hanson said. "We also provide information tailored to any special needs of the person being deployed. Members are able to sign up for special programs and secure information that fits their needs."

"The family support center is one of the best kept secrets on base," Hanson said. "Make an appointment with your work-life consultant today, so if you deploy or go TDY, you won't find yourself saying, 'I forgot to do that.' Knowing that you prepared in advance will make life easier for your family left behind, and you will be better able to concentrate on your job."

Judy Box, 319th Operations Group work-life consultant, said, "We offer classroom instructions on these matters as well as one-on-one sessions."

"I would like to see every family on base set up an appointment to work with their work-life consultant many months in advance of possible deployment or TDY. Even if there is no deployment expected, every spouse needs to be on top of things just in case."

For details about work-life consultants, call the family support center at 747-3241.

Family news

Christmas tree harvest

The Rydell National Wildlife Refuge near Erskine, Minn., will have its fifth annual Christmas tree harvest Dec. 7 and 8 from 10 a.m. to 3 p.m. each day. The Friends of the National Wildlife Refuge, the group that puts on the harvest, asks for a \$10 donation for each tree taken.

According to Rick Julian, refuge manager, the harvest allows for people to cut down their own Christmas tree. "It's a wonderful opportunity for the family to do something in the great outdoors," he said. "It's an experience similar to days of old."

The refuge is located in Polk County, Minn., south of United States Highway 2. To get to the refuge, go three miles east of Mentor or three miles west of Erskine on Highway 2 and turn south on Polk County Highway 210. Follow 210 about two and a half miles south to the main refuge gate.

For more details call the refuge at (218) 687-2229.

Free extended duty child care

Air Force people returning from overseas deployments supporting Operation Enduring Freedom and working extended hours may be eligible for free child-care. The Extended Duty Child Care Program assists military families working extended hours by increasing the hours of free care available in Air Force-licensed family child care homes.

Call the base family child care office at 747-3158 to see if you are eligible.

Essay, art contests open to military children

ALEXANDRIA, Va. (AFPN) – The Armed Services YMCA seeks both artists and writers for two annual contests. Art Contest 2003, in its eighth year, seeks original artwork from children of military members in kindergarten through sixth grade depicting their active-duty, Reserve or Guard families.

Top prizes are \$500 U.S. Savings Bonds, and each winner's artwork is used on posters for next year's Military Family Month. Children of Defense Department and Coast Guard civilians may enter in an honorary category. The deadline for the contest is Jan. 27.

Full guidelines for the contests can be found on the Armed Services YMCA Web site or by e-mailing essay-contest@asymca.org, or by calling (703) 303-9600.

Personnel questions answered

RANDOLPH AIR FORCE BASE, Texas (AFPN) – People can now get real-time help with personnel issues online, from anywhere in the world, thanks to new Web features offered by the Air Force Contact Center here.

The online features let users view a database of frequently asked questions, chat live online with a customer service representative or submit queries via e-mail. The site can be found on the Air Force Personnel Center home page at www.afpc.randolph.af.mil by clicking the "Contact Center" button.

Answers to questions about personnel information, pay, assignments, benefits, employment and more is accessible for Air Force active-duty members, retirees, civilians and family members.

Web sites specialize in family support

Compiled from staff reports

The information superhighway offers another tool for military family members to get support and information on the military community. Following are a few Web sites that specialize in supporting military families. No federal endorsement of these Web sites are intended.

- ▶ <http://www.afcrossroads.com> – Air Force Crossroads, the official community Web site of the Air Force, features a wide variety of subjects available on-line for military families. From an information resource center to forums for spouses and youth, the Web site can help military families gain important knowledge about the Air Force, Department of Defense and the military way of life.

- ▶ <http://www.militarylink.net> – This Web site was developed for United States military by military. Militarylink offers military classifieds, military real estate, military auctions, military discussion boards, advertising, community pages and much more.

- ▶ <http://dticaw.dtic.mil/mapsite> – The Military Assistance Program site is an on-line site for military families with a family center locator, employment, relocation, and financial information. <http://www.nacec.org> – The Military Family Communications Service offers a messaging service to active duty service members and their families free of charge via the North American Center For Emergency Communications Inc. – a non-profit organization working to improve U.S. military family communication on a global basis.

- ▶ <http://www.militarychild.org> – The Military Child Education Coalition consists of military installations and departments, school districts, professionals and parents who want to support the educational needs of all military children, especially in the areas of helping the military child adjust to the educational transitions of relocating.

- ▶ <http://www.nmfa.org> – The National Military Family Association is a national organization dedicated to identifying and resolving issues of concern to military families.

- ▶ <http://www.military-brats.com> – Military Brats Online is dedicated to linking brats everywhere with their past, friends, family and heritage. It has U.S. military links, a mes-



Photo by Steve Listopad

Nico Rodriguez and Kamelle Robertson check out a books Web site online during their time on the computer at the youth center.

sage board, alumni and school information and more!

- ▶ <http://mfrc.calib.com/mcy/index.htm> – The Military Child Development Program site provides an overview of the DoD Child Care Model, special initiatives, and outreach programs. Access to a childcare library database is also available.

- ▶ <http://www.militarywoman.org> – The Military Woman Home Page provides a meeting place for military women to exchange information unique to their military experience and to offer firsthand information to women thinking about a military career. The site educates and informs the general public about women in the military.

- ▶ <http://www.sgtmoms.com> – The Internet site for military families (Sgt. Mom's Place) provides a self-service interactive Web Site for families of service members. Sgt. Mom links with a wide variety of other home pages (including service-specific sites) and refers to itself as a "One Stop Web Shop."



Photo by Airman 1st Class Joshua Moshier

Thanksgiving at Airey dining facility

Squadron commanders serve up a turkey feast at Airey dining facility during Thanksgiving in 2001. The Airey dining facility will be serving Thanksgiving dinner Thursday from 10 a.m. to 2 p.m. and from 4 to 6 p.m. Hours for breakfast Thanksgiving Day are 6 a.m. to 8 a.m. and midnight meal is 11 p.m. to midnight. Commanders will also be serving dinner this year. The dinner is open to military members and families.

What can you do to plan better for deployments?

"People need to have their power of attorney and will prepared. A will is something that you cannot do spur of the moment. You have to sit down with your spouse and give this some thought on what you want to happen, if something happens to either one of you."



John Hanson
319th Mission Support Group/wing staff work-life consultant
747-6434

"People should make sure finances are in order, identification cards are current, and children have been included in discussions about the deployment. Also, a means of communication during the deployment should be coordinated."



Judy Box
319th Operations Group work-life consultant
747-6435

"Planning for deployment is really the same as planning for any important aspect of your job. Those who plan early are more organized and less rushed and they are more likely to complete everything that needs to be done without causing unnecessary stress."



Cheryl Anderson
319th Maintenance Group work-life consultant
747-6436

"Work-life consultants can assist military members and families in adapting to the demands of military life. While the statement is fairly short, the realm in which we assist covers a mountain of information, resources, contacts, as well as direct assistance. This in turn allows the members and their families an easier deployment."



Michele Schull
319th Medical Group work-life consultant
747-6437

Community

Today

FRIDAYS AT LIBERTY SQUARE

- ▶ Open skating at Liberty Square from 6 to 10 p.m. for ages 6 to 18. The admission is \$3 and skate rental is \$2.
- ▶ The Teen Center at Liberty Square is open from 6 to 11 p.m.for ages 13 to 18.

DANCING AT THE CLUB

Come out to the club tonight from 10 p.m. to 3 a.m. and dance to ‘Club Mix’ music with DJ “C.”

Saturday

JACKET WORKSHOP

The skills development center is holding a Sweatshirt and Fleece Jacket Workshop from 10 a.m. to 4 p.m. Cost is \$15 plus supplies. Must register today at the SDC; or call 737-3482.

KARAOKE AT THE CLUB

Come out to the club from 10 p.m. to 3 a.m. for Karaoke.

Monday

CANDY BINGO

Every Monday for ages 6 - 12 from 5:30 to 6:30 p.m. at the Youth Center.

Tuesday

MALL OF AMERICA

A special holiday Mall of America trip is Nov. 30, sign up by today. Bus will depart at 4:30 a.m., from outdoor recreation and returns at midnight. Cost is \$20 (special holiday shopping rate).

Wednesday

NATIONAL FINE ARTS EXHIBIT

Boys and Girls Clubs of America art-work must be returned to the youth center by today. The local exhibit is Dec. 2 and 4. Pick up identification labels and rules and regulations at the youth center.

ARTS AND CRAFTS NIGHT

The youth center has Arts and Crafts Night tonight at 5:30 p.m., for ages 6 to 12, and 7:30 p.m., for ages 13 to 18. It is free.

Thursday

THANKSGIVING DINNER

The Airey dining facility will be serving Thanksgiving dinner from 10 a.m. to 2 p.m. and from 4 to 6 p.m. Hours for breakfast Thanksgiving Day are 6 a.m. to 8 a.m. and midnight meal is 11 p.m. to 12 a.m.

Commanders will take time out to serves the meals.

SKILLS DEVELOPMENT CENTER

The skills development center closes today and reopens Dec. 1.

Upcoming

TAKE TIME TO RELAX

The community activity center has a contracted massage therapist who is available Wednesday and Thursday evenings and Friday mornings. Cost is \$25 for a 30 minute session and \$50 for one hour session. For an appointment call 747-6104

SUPER SUNDAY BRUNCH

The club has their next Super Sunday Brunch Dec. 1 and 15, from 10:30 a.m. to 1:30 p.m. The meal includes two meats, biscuits and gravy, eggs, fruit, waffles, omelets and more.

MEMBERS FIRST CARD ME

They are giving a total of \$1,800 in cash drawings. Show your club card and receive an “I got carded” entry form for a chance to win. This Member’s First program is for Air Mobility Command club members only. For details stop by the club.

HOLIDAY PARTIES

Need help planning a holiday party? Let the club help. Call Anne at 747-3392. Members First – receive a 10 percent discount when booking a holiday party on a Monday through Thursday. Also, new members who sign up from now to December pay no dues until January 2003.

TURKEY BINGO

The annual Turkey bingo is Saturday at 6 p.m. in Twining Elementary and Middle School. The event is free and open to the public. People attending are asked to bring a sidedish or dessert that will feed approximately 10 people to support the event. The base chapel staff is providing cooked turkey.

INSTRUMENT INSTRUCTORS NEEDED

The youth center is looking for a piano and a guitar instructor; both are for instrumental and orchestra instruments. If interested, call 747-3150.

WARMHEART BOWL-A-THON

The base Top 3 is sponsoring a bowl-a-thon to raise money for Operation Warm Heart. The bowl-a-thon is set for Dec. 4. See a unit first sergeant for more details about Warmheart or the bowl-a-thon.

Base theater

Today, 7 p.m.

Barbershop (R)

Set in Chicago's South Side, this flick finds Ice Cube playing Calvin, the frustrated owner of a neighborhood barbershop, a hub of conversation and gossip that he's inherited from his father. Calvin sells the shop, which he considers a burden, to a local loan shark, but then gradually comes to realize its importance in maintaining his father's legacy.

Saturday, 3 p.m.

Abandon (PG-13)

Katie (Katie Holmes), a college senior at a prestigious university, remains haunted by the disappearance of her ex-boyfriend (Charlie Hunnam), who vanished during her freshman year. Her visions of him, as well as those of someone else who mysteriously went missing, make her a suspect. Benjamin Bratt plays a detective and recovering alcoholic who struggles to remain sober, all the while investigating the increasingly strange case.

Tickets: \$1.50 children, \$3 adults
For details, call 747-3021/6123.

Base chapel

CATHOLIC:

Mass: 5 p.m. Saturday, 9 a.m. Sunday.

Pray the Rosary: 11:30 a.m., Sunflower Chapel, Mondays through Fridays

CCD: 10:45 a.m. Sunday, Twining Elementary School

Reconciliation: 4 p.m. Saturday, 8:30 a.m. Sunday, or by appointment, Sunflower Chapel

Christmas choir/band practice: 1 p.m. Sunday, Sunflower Chapel

Turkey Bingo: 6 p.m. Sunday, Eielson School, turkey provided, bring aside dish or dessert

Thanksgiving Mass: 9a .m. Thursday, Sunflower Chapel

PROTESTANT:

Traditional worship: 10:30 a.m. Sunday, Sunflower Chapel.

Liturgical worship: 10:30 a.m. Sunday, Prairie Rose

Contemporary worship: 6 p.m. Sunday, Prairie Rose

Young adults: 6 p.m. Friday, meet at Prairie Rose annex

Youth: 4 p.m. Sunday, meet at youth center

Religious Education: 9 a.m. Sunday, Eielson Elementary School.

Men of the Chapel: noon Monday, Prairie Rose conference room

Ecumenical Thanksgiving Service: 7 p.m. Wednesday, Prairie Rose Chapel, pie social follows, bring pie to share

JEWISH:

For details call Sheila Farquharson at 594-3960 or Synagogue B'nai Israel at 775-5124.

RUSSIAN/EASTERN ORTHODOX:

For details call Dr. Levitov 780-6540.

MUSLIM, BUDDHIST, OTHER:

For details call 747-5673.

Sports Shorts

CO-ED VOLLEYBALL TOURNEY

The sports and fitness center is open Thanksgiving Day. They will hold their first Thanksgiving Day co-ed volleyball tournament. Games start at 9 a.m. and will break throughout the day.

Sign up your four-person team by today. For details call Tech. Sgt. Pete Bruni at 747-3384.

TURKEY SHOOT

Dakota Lanes Bowling Center offers Singles Moonlight Nine-Pin-No-Tap bowling on Saturday at 8 p.m.

Cost is \$13 per person and lanes are assigned on the night of bowling.

OUTDOOR RECREATION SKI TRIP

Outdoor recreation, as part of its Ski Express schedule, offers an early bird special trip on Nov. 30.

The location is Frost Fire or Buena

Vista, whichever opens, weather permitting. Call outdoor recreation for details at 747-3688.

DAKOTA LANES BOWLING CENTER

The bowling center has the following bowling activities.

Unlimited bowling: Sunday from 6 to 9 p.m. \$5 per person unlimited bowling, first come first serve.

75 cent bowling: Mon-Wed-Fri from 11am to 1 pm, 75 cents a game.

Saturday Galaxy bowling: Galaxy Bowl and register to win the next Saturday Galaxy bowling free for you and one other person.

Must be used the following Saturday night. Cannot be carried over to any other Saturday night.

Family bowling: Saturday from 11 a.m. to 5 p.m. Limit three games per person. Cost is \$6 for two, \$9 for four.

Never tell a North Dakotan it can't be done

By Senior Airman Monte Volk
Public affairs

I've tried to think of clever and impressive things to say about a fellow North Dakotan. I wanted to make him look good. I wanted to dazzle you with my creativity, and then I realized he doesn't need any hype. He is a legend, a state icon ... he is Virgil "Quicksilver" Hill.

Nearly everyone in the state has a



Photo by Senior Airman Monte Volk

Virgil Hill visits with his littlest fan, Caleb Bailey, at the base fitness center Nov. 13. He signed autographs and posed for photos with many who showed up to meet the boxing legend.

Virgil Hill story they tell every time he comes to town, and now I have

two. The Grand Forks native came home to fight Joey DeGrandis, Sunday, for the International Boxing Council championship belt and stopped by the base fitness center, a place where he occasionally trained as an amateur 20 years ago.

As I searched for words to describe this boxing legend, two words kept coming up: big and small. These words can sum up the career of this future boxing hall of famer.

Big – Hill's popularity in North Dakota. Although he no longer lives in the state; because of training requirements, he still calls the state his home and he represents it well.

Small – Hill's ego. With a legendary boxing career, he's the type of guy you could go out and drink a beer with and know he wouldn't start a bar-room brawl. He's never talked smack to sell tickets and always makes time to sign a couple autographs and pose for photos.

Big – Quicksilver's lightning-fast left jab. The jab is his primary weapon that won him district, state, regional and national Golden Gloves Awards, an Olympic silver medal and five world championship titles in two divisions, light heavyweight and cruiserweight.

Small – His chance at the Olympic games. He is the forgotten silver medalist from the famous 1984 U.S. Olympic team. A squad that boasted such amateur stars and eventual world champions as Evander

Commentary

Holyfield, Pernell Whitaker and Mark Breland.

"Quicksilver" has gone on to become one of the most accomplished light heavyweight champions of all time.

Big – His decision to not sign with the big-time promoters most of the Olympic team joined.

Small – His home state (North Dakota: population 642,200) where he moved back to, after the '84 Olympic games.

Big – His boxing records. As an amateur he went 288-11. As a pro, Hill is 48-4 with 24 knockouts; of his 52 fights, 27 have been for world titles.

Small – His age when he won his first world championship. At 23 in only his 18th professional fight, he beat Leslie Stewart in the fourth round in Atlantic City, N.J., Sept. 5, 1987, to capture the World Boxing Association light heavyweight title.

Big – The number of title defenses he fought. He defended the title 11 times, including wins over former light heavyweight champ and future cruiserweight king Bobby Czyz and feared puncher James "The Heat" Kinchen, before losing to Thomas "The Hitman" Hearns, June 3, 1991.

Small – The amount of time he took to regain the title. He bounced back after two tune-up wins to beat former middleweight champion Frank Tate for the vacant World Boxing Association title in September 1992. He then rang off 10 title defenses including hard-fought victories over future

champs Lou Del Valle, Aldolpho Washington and Fabrice Tiozzo, leading to maybe one of his greatest moments. In one of the first title unification matches, he beat Germany's Henry Maske in his home country for the International Boxing Federation championship.

Big – Moving up to the cruiserweight division. After defending the light heavyweight title a division record 21 times over two reigns, and winning three versions of the 175-pound belt, the then 34-year-old moved up to the cruiserweight division and won the World Boxing Association 190-pound championship Dec. 9, 2000, with a first-round knockout of Fabrice Tiozzo in France.

After losing a bout earlier this year to Jean-Marc Mormeck of France, the 38-year-old, 6-foot 1-inch, 190-pound cruiserweight boxer is faced with big odds once again. Many analysts in the boxing world are saying he should retire and he won't regain his form or titles. With his North Dakota fan base behind him, Virgil Hill continues to be big. He won the IBC title bout Sunday and is ranked fourth by the World Boxing Association; ninth by the International Boxing Federation, and tenth by the World Boxing Council.

I say the analysts are wrong. I know three things about North Dakotans those analysts don't. 1. Never tell us we can't do something. 2. We know history repeats itself and 3. We know lightning can strike the same place more than once ... just ask Quicksilver's competitors.